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ABSTRACT

Although anger is a universal emotion, many normal people have great difficulty expressing this feeling. It is associated with physical as well as emotional manifestations, and has serious, destructive social ramifications. Several cognitive skills have been identified in the constructive use of anger: focus strategies, cognitive restructuring, self-instruction, impulse control, and problem solving. The goal of RETHINK is to teach young people that they can learn how to manage their anger and encourage them to practice a set of seven skills: (1) recognize anger in yourself and others; (2) empathize with the other person; (3) think about the situation differently; (4) hear what is being said; (5) integrate respect and love when expressing anger; (6) notice your body's reactions to anger; and (7) keep your attention on the present problem. This discussion leader's manual is designed for use with an accompanying video. The manual is divided into several segments, providing periods for group discussion and/or role play. Chapters following an introduction and a synopsis are: (1) Learning Options; (2) RETHINK Workout Procedures; (3) Hints for a Successful Session; (4) Suggested Role-Play Topics; and (5) Leader's Self-Evaluation Checklist. Selected readings and participant handouts are included. (JBJ)

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